

If your concern is about a skin “lesion” such as a mole or wart or bleeding or changing lump and you can not get to the hospital, please use the following guidelines. If you can, please ask a family member or friend to take the photograph.

- 1: Choose a bright room or space for the photograph.
- 2: Try to position yourself against a plain background if possible. A light coloured or white wall, or curtain for example.
- 3: If you are using a mobile phone or tablet to take the photograph, ask the person taking the photograph to use the automatic camera mode without flash, if this is available.
- 4: Ask the person taking the photograph, to first take a photograph from around a meter away of the area your doctor has asked to see.
- 5: Next, ask the person taking the photograph to take a close up photograph of the area that your doctor needs to see. It is very important to hold the camera as steady as possible. Try to make sure that the photo is clear and in focus, a blurry image will not be useable. Please also make sure the whole area the Doctor needs to see is in the image. Below are two examples of what is required;



Please send the two photographs to:

Janet.dix@jldmedicalteam.co.uk

(It is very important to check that you have typed the correct email address)

If given the option to scale the image, choose large rather than actual size.



Attach the two photographs to the email and please include the following information:

-Your full name

-Date of Birth

A telephone number to contact you on

For any supplementary information about the lesion, for example what made you concerned and see your doctor, any history of change etc, please use the accompanying form and attach to the email.

We will acknowledge receipt of your images within 2 working days. If you do not get a receipt first check your spam or junk folder and then re-send and ring 01444 412273. We will be conducting non-face to face consultations as video conference calls or telephone calls at a pre-designated appointment time.

Many thanks, Dr Paul Farrant

